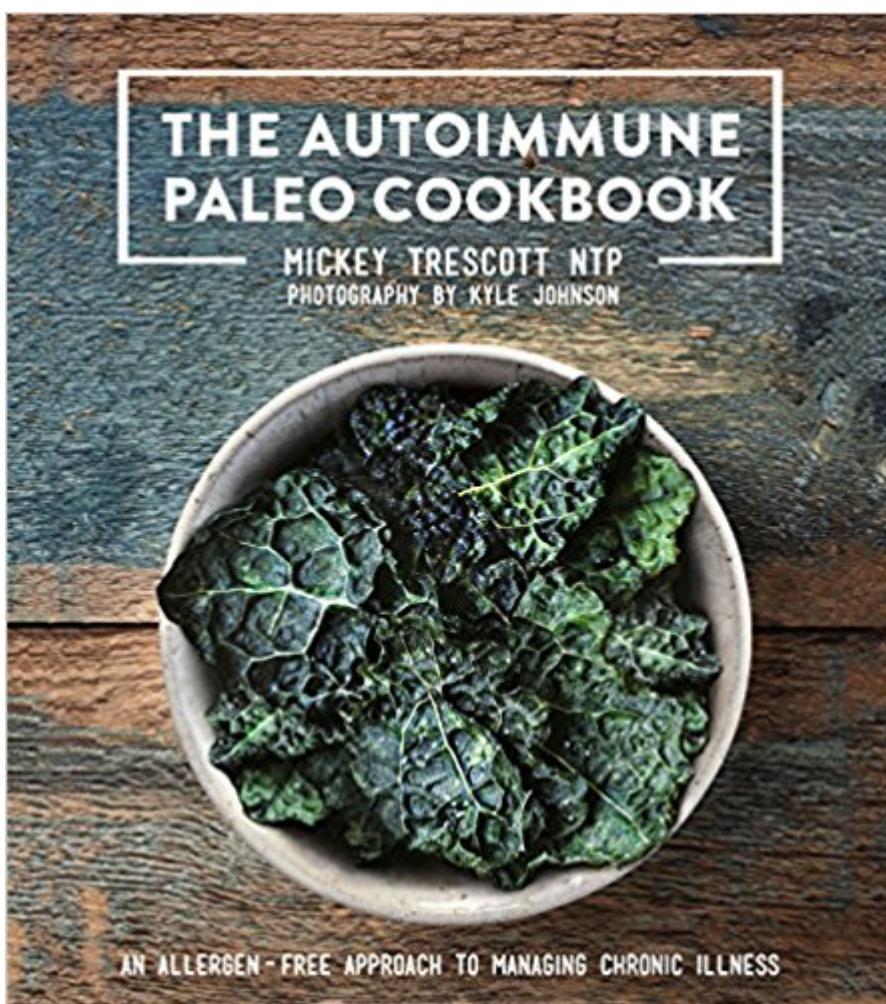


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# The Autoimmune Paleo Cookbook: An Allergen-Free Approach To Managing Chronic Illness (US Version)



## Synopsis

Autoimmune diseases are now epidemic, with modern science offering those who are diagnosed limited solutions. Given this, many people suffering from these conditions have searched for alternatives using nutrition and lifestyle changes. In *The Autoimmune Paleo Cookbook*, Mickey Trescott provides a resource for those looking to embark on the Autoimmune Protocol--a version of an ancestral diet that is focused both on removing potential food triggers as well as healing the gut. Research shows there is a clear connection between diet and autoimmune disease, and many, including the author, have used these principles to heal their bodies from these debilitating conditions and their accompanying symptoms. With the information and recipes in this book, you can embark on this process for yourself--without suffering through bland and tasteless "allergen-free" meals. Instead, with all of the incredible food you will be enjoying, you may forget that you are achieving better wellness! In the first section of the book, you will learn all about the Autoimmune Protocol--what it is, why it works, and which foods you should eat and avoid while on the elimination diet. Instructions are given on how to clear your pantry of questionable ingredients and replace them with healing, nutrient-dense whole foods. Also included are sections on food quality, a shopping guide, tips and tricks to make the protocol go more smoothly, as well as ideas for batch-cooking and breakfast. Mickey provides two, 4-week meal plans, each of them corresponding with recipes from the book and featuring detailed shopping lists. Armed with this information, anyone can integrate the Autoimmune Protocol into their routine! In addition to the introductory material, *The Autoimmune Paleo Cookbook* includes 112 delicious recipes suitable for anyone on the strictest phase of the Autoimmune Protocol--no grains, beans, dairy, eggs, nuts, seeds, or nightshades. Although this is quite the list of exclusions, Mickey offers unique, flavorful, and delicious meals suitable for a variety of occasions and preferences. You will find simple recipes that anyone can make for a weeknight dinner, as well as more elaborate preparations for those who want to enjoy with company or for a special occasion. Full-page photos for every recipe show you what to expect and inspire you to create beautiful meals of your own. With the *Autoimmune Paleo Cookbook* as your guide, you'll be inspired to take your health into your own hands--finding better health in the face of autoimmunity, while thoroughly enjoying every last bite!

## Book Information

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## Customer Reviews

"Mickey has taught me so much about what dealing with autoimmune disease - and healing oneself with a nourishing, ancestral diet - really looks like. She is a force in the community and her work has changed innumerable lives. Her story is powerful, and her recipes are incredible. This book is a bright, comprehensive, beautiful take on her recovery from life-altering autoimmune disease, and a road map for those who want to do the same." -Liz Wolfe, NTP, author of Eat the Yolks"Featuring recipes that will never leave you feeling left out or deprived, The Autoimmune Paleo Cookbook has transformed an intimidating elimination protocol into a simple, concise plan that even those new to Paleo can easily follow." -Melissa Hartwig, New York Times bestselling author, It Starts With Food"This beautifully done book is an essential resource for anyone beginning or currently following an autoimmune Paleo/ancestral eating plan. It's so much more than a cookbook - filled with information, meal plans, tips, tricks and delicious recipes to make living healthy and symptom free easy and enjoyable." -Amy Kubal, M.S., R.D."Mickey Trescott has put together an outstanding guide for the autoimmune diet that is honest, simple, and inviting. This diet is foundational to autoimmune management but can be daunting initially. Trescott elevates what many view as a severe and limiting diet to its rightful place as a new beginning to radical self-care." -Datis Kharrazian, DHSc, DC, MS, author of Why Isn't My Brain Working? and Why Do I Still Have Thyroid Symptoms?"Mickey has taught me so much about what dealing with autoimmune disease - and healing oneself with a nourishing, ancestral diet - really looks like. She is a force in the community and her work has changed innumerable lives. Her story is powerful, and her recipes are incredible. This book is a bright, comprehensive, beautiful take on her recovery from life-altering autoimmune disease, and a road map for those who want to do the same." ---Liz Wolfe, NTP, author of Eat the

Yolks"Featuring recipes that will never leave you feeling left out or deprived, The Autoimmune Paleo Cookbook has transformed an intimidating elimination protocol into a simple, concise plan that even those new to Paleo can easily follow." ---Melissa Hartwig, New York Times bestselling author, It Starts With Food"Mickey Trescott has put together an outstanding guide for the autoimmune diet that is honest, simple, and inviting. This diet is foundational to autoimmune management but can be daunting initially. Trescott elevates what many view as a severe and limiting diet to its rightful place as a new beginning to radical self-care." ---Datis Kharrazian, DHSc, DC, MS, author of Why Isn't My Brain Working? and Why Do I Still Have Thyroid Symptoms?

Mickey Trescott is the cook, writer and photographer behind the blog Autoimmune Paleo. She holds a BA from Westmont College and is a certified Nutritional Therapy Practitioner. After recovering from her own struggle with autoimmune disease, she started blogging to share her story as well as recipes and resources for those on a similar path. She lives in Seattle, Washington, with her husband Noah and their cat Savannah.

This might sound like hyperbole, but I've found this particular cookbook to be indispensable: a game-changer; a life-saver (literally). Why? Because following The Autoimmune Protocol of the Paleo diet can sometimes feel like you have nothing left to eat. This cookbook solves that dilemma even on days when you feel too ill to cook for yourself. (I suffer from Hashimoto's Encephalitis and Thyroiditis, plus Lyme Disease.) Before listing the benefits of the content, I want to stress that the book itself appears designed for ease of use in the kitchen. The cover and binding allow the book to lay perfectly flat on the counter while you work and refer from it. The fonts and clever layout make following the recipes and sections extremely clear--even for someone suffering from brain fog. And honestly, the beautiful and inviting photography and colors actually make me WANT to try each recipe. I have found the presentation making me more driven and adventurous in the kitchen--when I usually am too tired to want create anything "new". I love how the pantry list, shopping guides, and weeks of meal plans incorporate the recipes included in the book. This truly becomes a personal assistant for meal planning and is a wonderful aid for struggling or overwhelmed patients. AMAZING STANDOUT RECIPES:pg.88 Nectarine Arugula Prosciutto Wraps: the creativity in this flavorful pairing is great for snacks, or if you have to run into a market and grab 3 things.pg. 92 The Bacon Beef Liver Pate has really helped me incorporate offal into my diet, and I don't dread it, I devour it.pg. 132 Cherry BBQ Sauce: heaven sent for someone who can't ever have tomatoes...pg. 169 Creamy Celeriac and Leek soup (w BACON): again, makes me not miss potatoes at all. \*THIS IS

MY FAVORITE RECIPE\*pg. 204 Seared Broccolini w coconut Basil Pesto: OMG, this is so so great.pg. 220 Orange Rosemary Duck: you CAN still entertain guests with succulent amazing dishespg. 296 Raspberry Coconut "Cheesecake": with a date crust... this is spectacular, and safe. There's the real beauty in this creative guide: All things included here are safe for those actively healing Intestinal Permeability or putting Autoimmunity into remission. Because of my strictly following this way of eating, I have:--eliminated my chronic 20 migraines a month--eliminated my Lyme bone and joint pain--eliminated my Thyroid antibodies--eliminated my Raynaud's SyndromeThis book makes following the Autoimmune Protocol easier and enjoyable. It makes meal planning manageable, and it gives Autoimmune sufferers a real sense of agency in creating their own pathway back to wellness.

Why an autoimmune cookbook? Well, autoimmune conditions now affect about 20% of the population. That represents over 50 millions people in the US alone. Although autoimmune conditions can affect almost any part of the body, they all have the same thing in common: a confused hyperresponsive immune system. There aren't any cures for autoimmune diseases, whether it is celiac disease, Hashimoto's thyroiditis (hypothyroidism), Grave's disease (hyperthyroidism), type 1 diabetes, rheumatoid arthritis, ankylosing spondylitis, vitiligo, lupus or multiple sclerosis (just a few examples of a very long list of autoimmune conditions). But the good news is that there are many things you can do to help alleviate your symptoms and/or even stop the progression of your disease. One of these things, you guessed it, is diet! Unfortunately, most conventional registered dietitians and medical doctors are not aware of the powerful connection between the foods you eat and your health. In fact, some studies now clearly show that many autoimmune conditions are associated with a leaky gut (increased intestinal permeability) which can explain how certain toxins and incompletely digested food particle can get into your blood and trigger your immune system to attack certain parts of your body. The autoimmune protocol helps correct a leaky gut and tune down the immune system to healthy levels. But what is the autoimmune protocol? It's basically a Paleo diet (grain-free, gluten-free, legume-free, dairy-free, sugar-free and processed food-free) with all of the anti-inflammatory, gut healing and nutrient-dense properties it has combined with a few additional rules. Autoimmune Protocol = Paleo diet + [elimination of the following foods]\* nightshades (tomato, eggplant, bell pepper, hot pepper, tabasco, paprika, white potatoes, goji)\* eggs (all kinds, yolks & whites)\* nuts (all nuts like almonds, macadamia, cashews, walnuts and hazelnuts, but COCONUT IS OKAY!)\* seeds (sunflower, pumpkin, sesame, flax, anise, caraway, cumin, fennugreek, mustard)\*

alcohol\* NSAIDs (aspirin, ibuprofenÃ¢Â¢Â¢ âÃ¢Â¢Â¢) artificial sweeteners (including stevia)\* thickeners (guar gum, carrageneanÃ¢Â¢Â¢ âÃ¢Â¢Â¢)WHAT IS THERE LEFT TO EAT??!!?!!?!!A lot, actually!ThatÃ¢Â¢Â¢ âÃ¢Â¢Â¢ is where Mickey Trescott, NTP comes to the rescue with Ã¢Â¢Â¢ âÃ¢Â¢Â¢ “The Autoimmune Paleo CookbokÃ¢Â¢Â¢ âÃ¢Â¢Â¢”.If you are on the autoimmune protocol (or think of giving it a try), you need this book.It will make your life so much easier. And enjoyable.Seriously.I wish I had all of these resources when I started my own journey to a better health . The recipes presented in this cookbook are ALL autoimmune protocol-friendly. There are more and more Paleo cookbooks out there than ever before but for people on the autoimmune protocol, itÃ¢Â¢Â¢ âÃ¢Â¢Â¢ is very likely that more than 2/3 of the recipes contain nuts, seeds, nightshades or eggsÃ¢Â¢Â¢ âÃ¢Â¢Â¢|How about a cookbook from which you can cook AND eat every single recipe? And feel good about it too. That exactly what you get in this cookbook. And despite the limited amount of ingredients allowed on t his protocol, the recipes are not boring at all!Each recipe presents an exciting and nutritious new way to satisfy both your taste buds and your body. Ã¢Â¢Â¢ âÃ¢Â¢Â¢ AглаÃ¢Â¢Â©e Jacob, MS, RDI already bookmarked many recipes. The first one I made is the Ã¢Â¢Â¢ âÃ¢Â¢Â¢“fig energy bitesÃ¢Â¢Â¢ âÃ¢Â¢Â¢”. TheyÃ¢Â¢Â¢ âÃ¢Â¢Â¢re super easy and make a great energizing snack. I also tried the Ã¢Â¢Â¢ âÃ¢Â¢Â¢bacon-beef liver patÃ¢Â¢Â© with rosemary and thymeÃ¢Â¢Â¢ âÃ¢Â¢Â¢ and really like it as a spread on cucumber slices.Here are some of the recipes IÃ¢Â¢Â¢ âÃ¢Â¢Â¢m planning on trying in the next weeks:\* Nectarine, Aragula, and Prosciutto Wraps\* Moroccan Lamb Stew\* Cranberry-Braised Short Ribs\* Lamb Meatballs with Garlic and Spinach\* Apple-Spice Tea Cookies\* Pear-Caramel Piels your mouth watering yet?Finally, if that wasn't enough, the cookbook also includes a complete 4-week meal plan and shopping list to make your life easier. WeÃ¢Â¢Â¢ âÃ¢Â¢Â¢re all busy living our life and itÃ¢Â¢Â¢ âÃ¢Â¢Â¢s nice to have someone plan ahead for us. All you need to do is get the foods and cook (you donÃ¢Â¢Â¢ âÃ¢Â¢Â¢t have to cook at every meal, many meals within the week use the same recipes so you just have to cook multiple servings to have a few meals waiting for you in the fridge to eat later in the week!).This cookbook will not only help me expand my horizons in the kitchen, but it will also simplify the life of many of my clients following a limited diet like the autoimmune protocol. I will definitely be recommending this book to my clients and anyone struggling with an autoimmune condition.Bon appÃ¢Â¢Â©tit!

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